

## Sandbag Exercises

### Floor Pull to Squat Snatch Finish



#### **Exercise Description:**

Floor Pull to Squat Snatch Finish

#### **Classification:**

Sandbag Exercises

#### **Instructions:**

1. Reach down and grip the sandbag on each end. Keeping your back flat explode up to a standing position.
2. Pull the sandbag with straight arms up over your head.
3. As the sandbag is clearing your head proceed into a squatted position so that the sandbag finishes above your head with arms extended.
4. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

### Floor Pull to Power Finish Position



#### **Exercise Description:**

Floor Pull to Power Finish Position

#### **Classification:**

Sandbag Exercises

#### **Instructions:**

1. Reach down and grip the sandbag on each end. Keeping your back flat explode up to a standing position.

2. Pull the sandbag with straight arms up over your head as you stand up.
3. As you are standing up thrust your hips forward to a full standing position so that the sandbag finishes above your head with arms extended.
4. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

### **Floor Pull to Split Lunge Position**



#### **Exercise Description:**

Floor Pull to Split Lunge Position

#### **Classification:**

Sandbag Exercises

#### **Instructions:**

1. Reach down and grip the sandbag on each end. Keeping your back flat explode up to a standing position.
2. Pull the sandbag with straight arms up over your head as you stand up.
3. As you are standing up step back with one leg into a lunged position.
4. Hold this position until controlled. Return to the starting position and repeat for desired repetitions. Then switch and repeat with the other leg

### **High Hang Position to Power Finish Position**



#### **Exercise Description:**

High Hang Position to Power Finish Position

#### **Classification:**

## Sandbag Exercises

### **Instructions:**

1. Stand and grip the sandbag on each end and hold at waist height.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head. During this movement bend your knees slightly and lower yourself a little bit towards the ground.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

### **High Hang Pull to Full Snatch Finish**



### **Exercise Description:**

High Hang Pull to Full Snatch Finish

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Stand and grip the sandbag on each end and hold at waist height.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head.
3. During this movement bend your knees and hips into a squatted position so that the sandbag finishes above your head.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

### **High Hang Pull to Split Lunge Finish**



**Exercise Description:**

High Hang Pull to Split Lunge Finish

**Classification:**

Sandbag Exercises

**Instructions:**

1. Stand and grip the sandbag on each end and hold at waist height.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head.
3. During this movement bend one knee and step back into a lunge position so that the sandbag finishes above your head.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions. Repeat with other leg.

**Heel Pull to Split Lunge Finish****Exercise Description:**

Heel Pull to Split Lunge Finish

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by grabbing the sandbag between your feet and grip the sandbag on each end.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head while you stand up.
3. During this movement bend one knee and step back into a lunged position so that the sandbag finishes above your head.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions. Repeat with the other leg.

**Heel Pull to Power Finish Position**



**Exercise Description:**

Heel Pull to Power Finish Position

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by grabbing the sandbag between your feet and grip the sandbag on each end.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head while you stand up.
3. During this movement thrust your hips forward as you stand so that the sandbag finishes above your head.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

**Heel Pull to Full Snatch Finish**



**Exercise Description:**

Heel Pull to Full Snatch Finish

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by grabbing the sandbag between your feet and grip the sandbag on each end.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head while you stand up.
3. During this movement thrust your hips forward until you are about halfway up. Then squat down and back with your hips into a squatted position so that the sandbag finishes above your head.

3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

### **Hang Position to Full Snatch Position**



#### **Exercise Description:**

Hang Position to Full Snatch Position

#### **Classification:**

Sandbag Exercises

#### **Instructions:**

1. Start by holding the sandbag at about knee level with your back flat in a hang clean position.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head while you stand up.
3. During this movement thrust your hips forward until you are about halfway up. Then squat down and back with your hips into a squatted position so that the sandbag finishes above your head in a squatted position.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

### **Hang Clean to a Split Lunge Finish**



#### **Exercise Description:**

Hang Clean to a Split Lunge Finish

#### **Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding the sandbag at about knee level with your back flat in a hang clean position.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head while you stand up.
3. During this movement drive one leg back into a lunge position so that the sandbag finishes above your head in a lunged position.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions. Repeat with the other leg.

**Hang Position to Power Finish Position****Exercise Description:**

Hang Position to Power Finish Position

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding the sandbag at about knee level with your back flat in a hang clean position.
2. In a thrusting motion with straight arms throw the sandbag out in front of you and up over your head.
3. During this movement thrust your hips forward until you are about halfway up and slightly bend your knees so that the sandbag finishes above your head in a standing position.
3. Hold this position until controlled. Return to the starting position and repeat for desired repetitions.

**Sandbag Good Mornings**



**Exercise Description:**

Sandbag Good Mornings

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag either by grabbing the ends or cradling your arms underneath the bag.
2. Keeping your legs straight bend forward from your waist until a good stretch is felt or until you have reached a comfortable range of motion.
3. Straighten yourself back up to a standing position and repeat for the desired repetitions.

**Half Moon Snatch**



**Exercise Description:**

Half Moon Snatch

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag to the outside of one of your legs. Reach down with your legs semi-straight and grab the bag.
2. Extend your legs and lift the sandbag up and over the top of your head keeping your arms semi-straight as you lift.
3. Bring the sandbag up and over your head and place the bag back down on the opposite side.
4. Repeat this movement back and forth for the desired repetitions.



## High Pulls Grip Emphasis



### **Exercise Description:**

High Pulls Grip Emphasis

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Start by grabbing the end of the bag by using just your grip. No handles.
2. Stand up to standing position with your arms extended.
3. Bend your legs slightly and then stand up as you pull the bag up to shoulder level.
4. Return to the starting position and repeat. Remember to grab the bag with just your grip and no handles.

## High Pulls



### **Exercise Description:**

High Pulls

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Start by grabbing the ends of the bag in a squatted position.
2. Proceed to stand up and pull the bag up with you so that it ends up at shoulder height in front of you.
3. Try to keep your elbows level with or above the bag during the movement.
4. Return to the starting position and repeat for the desired repetitions.

## Sandbag Romanian Deadlift



**Exercise Description:**

Sandbag Romanian Deadlift

**Classification:**

Sandbag Exercises

**Instructions:**

1. Hold a sandbag at waist level at both ends.
2. Keeping your knees just slightly bent bend forward at your hips without moving your legs.
3. Bend forward until a good stretch is felt in your hamstrings.
4. Return to the starting position and repeat.

**Rotating Bag Snatch**



**Exercise Description:**

Rotating Bag Snatch

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by grabbing the ends of a sandbag between your legs.
2. Proceed to stand up and raise the sandbag up over your head keeping your arms semi-straight during the movement.
3. As you reach the top in one continuous movement rotate the bag and your hands so that your front hand is now in the back of the bag. Continue to lower the bag to the floor with this new hand position.

4. Repeat this movement rotating the bag in the opposite direction as before.
5. Repeat this back and forth for the desired repetitions.

### **Round Back Deadlift**



#### **Exercise Description:**

Round Back Deadlift

#### **Classification:**

Sandbag Exercises

#### **Instructions:**

1. Squat down and bear hug the sandbag.
2. This will force you to have somewhat of a rounded back. Now stand straight up while you bear hug the sandbag.
3. Return to the starting position and repeat for the desired repetitions.

### **Single Leg Sandbag Deadlift**



#### **Exercise Description:**

Single Leg Sandbag Deadlift

#### **Classification:**

Sandbag Exercises

#### **Instructions:**

1. Start by holding a sandbag with your arms cradled under the bag.
2. Stand on one leg and keeping your leg semi-straight bend forward at the hips until a comfortable stretch is felt in the hamstring.
3. Return to the starting position and repeat for the desired repetitions. Repeat with the other leg.

## Suitcase Deadlift



### **Exercise Description:**

Suitcase Deadlift

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Place a sandbag on the outside of one leg.
2. Bend down and grab it with one hand like you would to pick up a suitcase.
3. Proceed to stand up pulling the sandbag with you.
4. Return to the starting position and repeat for the desired repetitions. Repeat with the other arm.

## Sandbag Deadlift



### **Exercise Description:**

Sandbag Deadlift

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Start by squatting down and grabbing the sandbag on each end.
2. Keeping your back flat proceed to stand up holding the sandbag on the ends.
3. Return to the starting position and repeat for the desired repetitions.

## Sandbag Rows



**Exercise Description:**

Sandbag Rows

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding or gripping a sandbag in each hand.
2. Bend forward keeping your back flat and your knees slightly bent.
3. Proceed to pull the sandbags up to your waist in a rowing type of movement.
4. Return to the starting bentover position and repeat for the required repetitions.

**Backward Sandbag Squat**



**Exercise Description:**

Backward Sandbag Squat

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag on your shoulders.
2. Proceed to squat down until your upper leg goes below parallel. Your upper body should be forward slightly, but fairly upright.
3. Stand back up to the starting position and repeat for the required repetitions.

**Backward Sandbag Drag**

**Exercise Description:**

Backward Sandbag Drag

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by bending down and grabbing hold of a sandbag on the end.
2. Keeping good posture with your back flat slowly walk backwards pulling the sandbag with you.
3. Walk backwards for the desired distance and then rest and repeat for the recommended repetitions.

**Sandbag Bear Hug Squats****Exercise Description:**

Sandbag Bear Hug Squats

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag against your chest in a bear hug type hold.
2. Proceed to squat down until your upper legs go below parallel.
3. Make sure to keep a semi-upright posture and stand back up to a standing position.
4. Repeat for the recommended repetitions.

**Sandbag Bear Hug Walk**



**Exercise Description:**

Sandbag Bear Hug Walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag against your chest in a bear hug type hold.
2. Proceed to walk until you reach the desired distance.
3. Rest and repeat for the recommended repetitions.

**Single Bag Bentover Row 2**



**Exercise Description:**

Single Bag Bentover Row 2

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding one sandbag with both hands in front of you and the sandbag across the front of your body.
2. Bend forward until your upper back is almost perpendicular to the floor.
3. Keeping your low back flat row the bag up to your stomach.
4. Return to the bentover starting position and repeat for the desired repetitions.

**Single Bag Bentover Row 1**

**Exercise Description:**

Single Bag Bentover Row 1

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag in the middle and the sandbag perpendicular to your body.
2. Bend forward until your upper back is almost parallel to the floor.
3. Keeping your low back straight row the bag up to your stomach.
4. Return to the starting position and repeat for the desired repetitions.

**Diagonal Power Shouldering****Exercise Description:**

Diagonal Power Shouldering

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by reaching down and grabbing the sandbag that is sitting outside your left foot.
2. Keep your back flat and hips down and back while grabbing the sandbag.
3. Pick up the sandbag and bring it across your body while lifting it towards your right shoulder.
4. Finish the movement by placing the sandbag on your right shoulder.
5. Return to the starting position and repeat for the desired repetitions.
6. Repeat with the other side.

**Double Shoulder Get-ups**





**Exercise Description:**

Double Shoulder Get-ups

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by lying on your back while holding two sandbags on your chest.
2. Proceed to sit up and bend your knees and legs to the side as if you are trying to get them underneath you.
3. Without putting the sandbags down get your legs underneath you so that your feet are on the floor.
4. Proceed to stand up into a standing position.
5. Return to the starting position and repeat for the desired repetitions.

**Forward Drag**



**Exercise Description:**

Forward Drag

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by bending down and grabbing the end of a sandbag in a squatted position.
2. Slowly walk forward staying in the squatted position until the desired distance is met.
3. Rest and repeat for the suggested repetitions.

**Sandbag Front Squat**

**Exercise Description:**

Sandbag Front Squat

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag up against your chest in a cradle position.
2. Keeping your back straight and semi-upright proceed into a squatted position.
3. Once your legs reach below parallel then return to the starting position.
4. Repeat for the desired repetitions.

**Sandbag Hack Squat****Exercise Description:**

Sandbag Hack Squat

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag behind you at waist level in a standing position.
2. Proceed to squat down until your legs go past parallel with the floor.
3. Return to the starting position and repeat for the suggested repetitions.

**Headlock Squat**



**Exercise Description:**

Headlock Squat

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag under your arm in a headlock type fashion.
2. Proceed into a squat until your legs go past parallel with the floor.
3. Return to the starting position and repeat for the desired repetitions. Repeat with the other side for the same repetitions.

**Headlock Walk**



**Exercise Description:**

Headlock Walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag under your arm in a headlock type fashion.
2. Proceed to walk until the desired distance is met.
3. Rest and repeat for the desired repetitions. Repeat with the other side for the same repetitions.

**Lateral Drag**

**Exercise Description:**

Lateral Drag

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by squatting down and grabbing the sandbag with one hand on the outside of your foot.
2. Proceed to stay in the squatted position and laterally walk to the side dragging the sandbag.
3. Drag until the desired distance is met and the rest and repeat with the other side.

**Sandbag Lateral Lunges****Exercise Description:**

Sandbag Lateral Lunges

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing the sandbag on your right shoulder.
2. Proceed to lunge to the right with your right foot. Lunge down until your thigh is parallel with the floor.
3. Return to the starting position and repeat for the desired repetitions.
4. Repeat with the other side.

**Leverage Press**



**Exercise Description:**

Leverage Press

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag on your shoulder.
2. Using both arms press the sandbag up off your shoulder into an overhead position.
3. Return the sandbag to your shoulder and repeat for the suggested repetitions.
4. Repeat with the other side.

**Sandbag Military Press**



**Exercise Description:**

Sandbag Military Press

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag at shoulder level in front of you.
2. Proceed to press the sandbag over your head until your arms are extended.
3. Return to the starting position and repeat for the suggested repetitions.

**Sandbag 1 Arm Press**



**Exercise Description:**

Sandbag 1 Arm Press

**Classification:**

Sandbag Exercises

**Instructions:**

1. Hold a sandbag in one hand at shoulder level.
2. Proceed to press the sandbag over your head until your arm is extended.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat with the other arm.

**Sandbag Overhead Lunge**



**Exercise Description:**

Sandbag Overhead Lunge

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag over your head with both arms extended.
2. Proceed to lunge forward until your knee is bent to about 90 degrees.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat with the other leg.

**Sandbag Overhead Squat**



**Exercise Description:**

Sandbag Overhead Squat

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag over your head with both arms extended.
2. Proceed to squat down until your upper thigh is below parallel.
3. Return to the starting position and repeat for the suggested repetitions.

Sandbag Overhead Turkish Getups



**Exercise Description:**

Sandbag Overhead Turkish Getups

**Classification:**

Sandbag Exercises

**Instructions:**

1. Lie supine on your back holding sandbag perpendicular to your body.
2. Proceed to get up by sitting up to a seated position and bring both legs underneath you.  
Stand up in a squat style to an upright position keeping the sandbag over your head.

**Sandbag Overhead Walk**



**Exercise Description:**

Sandbag Overhead Walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag up over your head with your arms extended.
2. Proceed to keep the sandbag up over your head and walk until the desired distance is met.
3. Rest and repeat for the suggested repetitions.

**Sandbag Power Shouldering**



**Exercise Description:**

Sandbag Power Shouldering

**Classification:**

Sandbag Exercises

**Instructions:**

1. Squat down and grab the sandbag between your legs.
2. Proceed to stand up and lift the sandbag in a forcefull motion.
3. Continue the momentum of the sandbag and lift the bag up onto your shoulder.
4. Return to the starting position and repeat with the other shoulder.

**Sandbag Push Press**





**Exercise Description:**

Sandbag Push Press

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag at shoulder level.
2. Slightly squat down and quickly reverse the movement and extend your legs.
3. As you extend your legs press the sandbag up over your head using your arms.
4. Finish with your arms extended over your head in a standing position.
5. Return to the starting position and repeat for the suggested repetitions.

**Plank Renegade Rows**



**Exercise Description:**

Plank Renegade Rows

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by getting into a plank position and grip a sandbag in each hand.
2. Holding this plank position row one sandbag up to chest level and return to the floor.
3. Now row the other sandbag up to chest level and return to the floor.
4. Repeat this movement for the suggested repetitions.

**Shoulder to Shoulder Press**



**Exercise Description:**

Shoulder to Shoulder Press

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag on your right shoulder.
2. Using both arms press the sandbag up over your head and place it on the opposite shoulder.
3. Continue this movement back and forth for the desired repetitions

**Shoulder Lunge**



**Exercise Description:**

Shoulder Lunge

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag on your shoulder.
2. Proceed into a lunge until your knee is bent to about 90 degrees.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat movement with the other leg.

**Shouldering Squat**

**Exercise Description:**

Shouldering Squat

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag on your shoulder.
2. Proceed into a squat until your upper thigh is below parallel keeping your back semi-upright.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat movement with the other leg.

**Shouldering Turkish Getups****Exercise Description:**

Shouldering Turkish Getups

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag on your shoulder and lying on your back.
2. Proceed to sit up and position your legs and feet underneath you.
3. Stand up trying to use just your legs to a standing position.
3. Return to the starting position and repeat for the suggested repetitions.

**Shouldering Walk**



**Exercise Description:**

Shouldering Walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing a sandbag on your shoulder.
2. Proceed to walk until the desired distance is met.
3. Rest and repeat for the suggested repetitions.

**Side Press**



**Exercise Description:**

Side Press

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag with one hand.
2. Your body will be slightly bent to the side.
3. Proceed to press the sandbag up to a full extension with your arm.
4. Your body may bend some towards the floor which is acceptable.
5. Repeat for the suggested repetitions.

**Sandbag Side to Side Step Ups**



**Exercise Description:**

Sandbag Side to Side Step Ups

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag in front of your chest and standing on a box.
2. Proceed to step down to one side into a lunge.
3. Stand back up to the starting position and repeat with the other side.
4. Repeat this movement for the desired repetitions.

**Sandbag Single Arm Row**



**Exercise Description:**

Sandbag Single Arm Row

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by getting into a bentover position with your back flat.
2. Holding a sandbag with one hand row it towards your midsection.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat with the other arm.

**Split Jerk with Sandbags**



**Exercise Description:**

Split Jerk with Sandbags

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding two sandbags at shoulder height.
2. Proceed to step forward into a semi lunge and press the sandbags overhead simultaneously.
3. Your finish position is in a split stance with the sandbags overhead.
4. Return to the starting position and repeat for the suggested repetitions.

**Split Jerk with 1 Sandbag**



**Exercise Description:**

Split Jerk with 1 Sandbag

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag at shoulder height.
2. Proceed to step forward into a semi lunge and press the sandbag overhead simultaneously.
3. Your finish position is in a split stance with the sandbag overhead.
4. Return to the starting position and repeat for the suggested repetitions.

**Suitcase Farmers walk**



**Exercise Description:**

Suitcase Farmers walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Grab the end of the sandbag with one hand.
2. Letting the sandbag hang down walk until the desired distance is met.
3. Rest and repeat for the suggested repetitions.
4. Repeat with the other hand.

**Uneven Loaded Walk**



**Exercise Description:**

Uneven Loaded Walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by placing one sandbag on your shoulder and holding another sandbag overhead with your other arm extended.
2. Proceed to walk until the desired distance is met.
3. Switch arms and repeat with the other arm.
4. Repeat until the desired repetitions are met.

**Sandbag Windmill**



**Exercise Description:**

Sandbag Windmill

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding a sandbag with one arm extended overhead.
2. Proceed to bend over to the side until you have reached your range of motion.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat with the other side.

**Zercher Squat with side to side lunge**



**Exercise Description:**

Zercher Squat with side to side lunge

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding the sandbag in front of your chest in a cradle type hold.
2. Get into a semi squatted position to begin the exercise.
3. Proceed to step to the side and squat down to reach the floor.
4. Stand back up to the box, but stay in the squatted stance while you step to the other side.
5. Repeat this movement back and forth until the desired repetitions are met. Remember to stay in the squatted position at the top.



## Zercher squat



### **Exercise Description:**

Zercher squat

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Start by holding the sandbag against your chest in a cradle type of position.
2. Proceed to squat down until your upper thighs are below parallel.
3. Return to the starting position and repeat until the suggested repetitions are met.

## Zercher Turkish Get Ups



### **Exercise Description:**

Zercher Turkish Get Ups

### **Classification:**

Sandbag Exercises

### **Instructions:**

1. Start by holding the sandbag against your chest in a cradle type of position while lying on your back.
2. Proceed to sit up and position your legs and feet underneath you.
3. Stand up using just your legs and feet.
4. Return to the starting position and repeat for the suggested repetitions

## Zercher Walk



**Exercise Description:**

Zercher Walk

**Classification:**

Sandbag Exercises

**Instructions:**

1. Start by holding the sandbag against your chest in a cradle type of position.
2. Proceed to walk holding the sandbag until the desired distance is met.
3. Rest and repeat until the suggested repetitions are met.



